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Tuesday, January 9, 2018 metro.us | t: MetroPhilly | f: MetroPhilly

NO RESPECT? NO PROBLEM

Glen Macnow says the Eagles should embrace being underdogs. 19

Ranking the best diets for 2018. 18

'Les Miserables' comes to Philadelphia. 15

2020

COULD SHE WIN?

Oprah Winfrey may be getting serious about a 2020 run for the White House, but how likely is it that the media mogul could actually win? A political expert weighs in on her chances. 4

PHOTO ILLUSTRATION ISTOCK & GETTY IMAGES

WELCOME TO METRO PHILLY

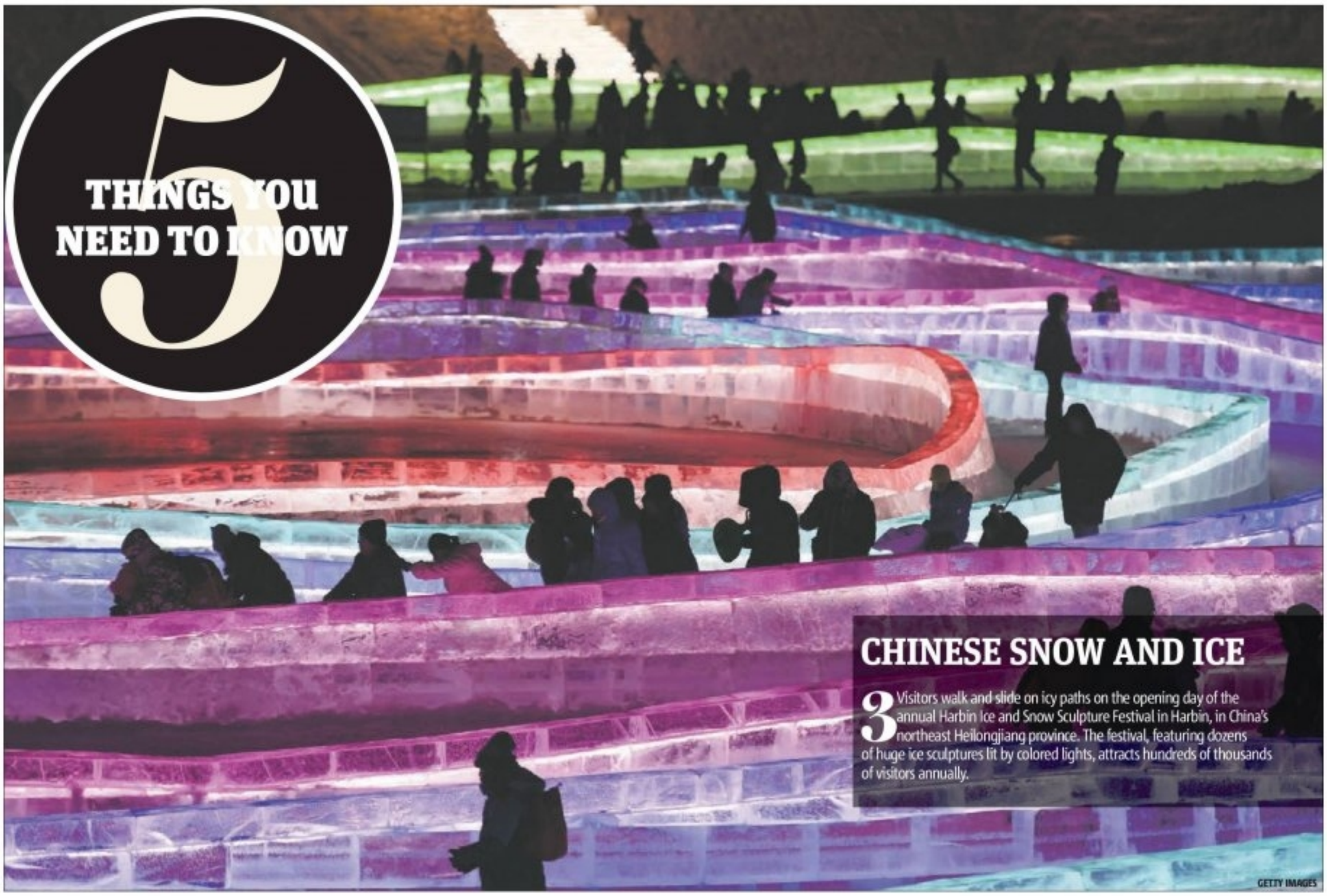
MORGAN ROUSSEAU, MANAGING EDITOR
Oprah Winfrey has joined a growing list of celebrities who are contemplating a 2020 presidential run, and her riveting Golden Globes speech Sunday only solidified her place as a contender. Find out whether Oprah actually has a chance to win, and why she may be a viable candidate, inside or online at **metro.us.**

NORTH, SOUTH KOREA TO TALK BEFORE OLYMPICS

North and South Korea will hold their first formal talks in more than two years on Tuesday, brought together by sport to discuss how the North's athletes can attend next month's Winter Olympics in the South despite simmering fears of conflict. Regardless of its narrow, primarily sporting agenda, the meeting will be closely watched by world leaders eager for any sign of a reduction in tensions on the Korean peninsula amid rising fears over North Korea's development of nuclear weapons and defiance of United Nations Security Council resolutions. "The talks will focus on North Korea's participation in the Pyeongchang Winter Olympics, and our preparations have centered around some requests made by the North for a peaceful Olympic Games," said Unification Ministry spokesman Baek Tae-hyun.

WEATHER DISASTERS COST RECORD AMOUNT

2 Weather and climate-related disasters cost the U.S. a record $306 billion in 2017, the third-warmest year on record, the U.S. National Oceanic and Atmospheric Administration said on Monday. The federal agency's report underscores the economic risks of such disasters even as President Donald Trump's administration casts doubts on their causes and has started withdrawing the U.S. from a pact to combat climate change. The agency said western wildfires and hurricanes Harvey, Maria and Irma contributed to making 2017 the costliest year on record. The previous record was $215 billion in 2005, when hurricanes Katrina, Wilma and Rita slammed the Gulf Coast. The average annual temperature for the contiguous United States was 54.6 degrees in 2017, 2.6 degrees above the 20th-century average.



CHINESE SNOW AND ICE

3 Visitors walk and slide on icy paths on the opening day of the annual Harbin Ice and Snow Sculpture Festival in Harbin, in China's northeast Heilongjiang province. The festival, featuring dozens of huge ice sculptures lit by colored lights, attracts hundreds of thousands of visitors annually.

GETTY IMAGES

PROTECTED STATUS ENDS FOR SALVADORANS IN US

4 Around 200,000 Salvadorans allowed to live in the United States since 2001, after earthquakes in El Salvador, must leave the country in 2019, U.S. officials said on Monday, marking the Trump administration's latest move to tighten immigration law enforcement. Termination of the Salvadorans' temporary protected status (TPS) will take effect Sept. 9, 2019, to give them time to leave or seek lawful residency, and for El Salvador to prepare for their return, officials said. The decision to end TPS for Salvadorans is part of the administration's broader push to deport immigrants who are in the United States illegally. The decision was heavily criticized by immigrant advocates who said it ignored violence in El Salvador, which has one of the world's highest murder rates. ***Read more on page 10.***

NBC: MUELLER'S TEAM CONSIDERING TRUMP Q&A

5 President Donald Trump's lawyers are talking to the Federal Bureau of Investigation about a possible interview with the president as part of special counsel Robert Mueller's probe into Russian interference in the 2016 election, NBC News reported on Monday. Citing three people familiar with the situation, NBC said lawyers for Trump had met with representatives of Mueller's office in late December to discuss the logistics of any such interview. They included the location and length of such an interview as well as legal standards and options for its format, including written responses instead of a formal sit-down, according to the network. Mueller has been appointed by the Justice Department to investigate allegations of Russian meddling in the November 2016 election and possible collusion with Trump's campaign.

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Public support mounts as Oprah Winfrey 'actively thinking' of running for president

Oprah is reported to be considering a bid for the White House in 2020. But how likely is it that she'd win?

SAM NEWHOUSE
@scnewhouse
sam.newhouse@metro.us

Oprah Winfrey's Golden Globes speech had political overtones. GETTY IMAGES

Call her the anti-Trump.

Over three decades, Oprah Winfrey has amassed a personal fortune and huge public celebrity through a personally-branded media empire. She is one of the most powerful African-American women in the country, with a personal worth estimated at some $2.7 billion, according to Forbes.

And in the wake of a stirring speech at the Golden Globes awards Sunday night, calls are mounting for Oprah, 63, to run for president in 2020.

Sources identified as "close friends" of Winfrey's told CNN that she has been "actively thinking" about making the transition into politics for months, with one asserting no decision has yet been made.

The Los Angeles Times quoted Stedman Graham, Winfrey's longtime partner, as saying on Sunday that "it's up to the people. ... She would absolutely do it."

In a now-deleted tweet, NBC tweeted "Nothing but respect for OUR future president," along with a picture of Oprah during the Golden Globes.

Oprah is a former television host, actress, movie and television producer, and chief executive of the Oprah Winfrey Network (OWN) channel on cable.

Trump also powered his successful 2016 campaign on the back of his celebrity reputation from reality TV show "The Apprentice," as well as long-cultivated attention in New York newspapers.

In recent years, Winfrey has lent her star power to endorse Democratic presidential candidates: Barack Obama when he was seeking to become the first black U.S. president in 2008 and Hillary Clinton in her campaign against Trump in 2016.

In the past Winfrey has said she is not interested in running for president, for example saying in a CBS interview in October when asked about the 2020 presidential election that "there will be no running for office of any kind for me."

Additional reporting by Reuters.

Who else could run in 2020?

Other big names rumored for a 2020 run include political players as well as celebrities:

- Former first lady Michelle Obama
- Former Vice President Joe Biden
- Breitbart News chairman Steve Bannon
- Actor Dwayne "The Rock" Johnson
- Facebook founder Mark Zuckerberg

ANALYSIS

How likely is it that Oprah could win the presidency?
Public opinion analyst Karlyn Bowman, of the American Enterprise Institute, said Oprah's shift into politics could be plausible.

Do you think Oprah could really run?
She's pretty popular, as you can imagine, among the American public. God knows, entertainment culture and celebrity culture has certainly infiltrated politics, there's no question about it. Now, as to whether people would take her seriously, its possible. She'd have to develop some issue positions, but she's clearly very popular.

Isn't it too early to speculate on this?
Donald Trump was pretty speculative at one time. But being popular at the Golden Globes is one thing, being someone whose considered to be of presidential timbre is quite another. This is very early speculation in a race where we've heard at least 29 different names mentioned, so it's definitely very, very early.

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Dr. Umar Johnson identifies himself as the "Prince of Pan-Afrikanism."
COURTESY OF DR. UMAR JOHNSON

Dr. Umar declares victory after hearing over license

Controversial Philly speaker Dr. Umar Johnson was in Harrisburg for a hearing on his credibility as a psychologist.

SAM NEWHOUSE
@scnewhouse
sam.newhouse@metro.us

Dr. Umar Johnson, a Philly native and self-professed black nationalist who commands a massive following on social media, declared victory Monday after a hearing in Harrisburg over his credentials as a psychologist.

And Johnson, who identifies himself as the "Prince of Pan-Afrikanism," denied the charges of misrepresentation he was accused of by the state's board of psychology: "I never claimed to be a practicing licensed psychologist," he said.

The state board had specifically accused Johnson of misrepresenting himself as a psychologist who is licensed and who offers counseling sessions and threatening a $10,000 fine per infraction. But he claims he has never presented himself as such a psychologist. The board's final decision will be made at a later date.

Johnson didn't tone down his fiery rhetoric after the hearing. He asked who referred his case to the state and demanded to know his accuser.

"I believe [African-Americans] as well as Caucasians are involved in this situation," he said, "but I also believe that the state board of psychology of Pennsylvania is jealous of the fact that an unlicensed, uncertified school psychologist with a doctorate in clinical psychology can have the type of international reputation that they do not have."

On Johnson's website, he describes himself as "a certified school psychologist who practices privately throughout Pennsylvania and lectures throughout the country." But in addition to working with youths, Johnson has been fundraising for a dream academy for African-American children. His fundraising has been criticized for a lack of transparency, with the fate of more than half a million dollars he raised through online campaigns remaining unknown.

His credentials working for the School District of Philadelphia have been verified, as well as his 2012 Ph.D. in clinical psychology from the Philadelphia College of Osteopathic Medicine, but he referred to himself as "doctor" for years before that.

The state did not respond to requests for comment on Johnson's hearing.

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HAZING DEATH

Four sentenced to prison, college fraternity banned for hazing death

A Pennsylvania court on Monday sentenced four members of a national college fraternity to a maximum of two years in prison and banned the group from operating in the state for 10 years because of the 2013 death of a student during hazing incident.

The court also fined Pi Delta Psi $112,500 for the death of Chun "Michael" Deng, a 19-year-old freshman from New York's Baruch College, who was knocked unconscious by fraternity members who waited an hour before taking him to a hospital.

A jury in November found Pi Delta Psi, an Asian-American cultural fraternity, guilty of aggravated assault and involuntary manslaughter, marking what prosecutors and defense lawyers called the first time a U.S. fraternity was criminally convicted in a pledge hazing death.

"I would like to apologize on behalf of the fraternity to the Deng family," said Wes Niemoczynski, a lawyer for the fraternity. "What happened to Michael Deng was horrific."

But he said the penalty would "strangle" the fraternity financially and that he would appeal.

Assistant District Attorney Kimberly Metzger, the lead prosecutor, dismissed the apology and said, "this fraternity has not really accepted responsibility for the death of Michael Deng."

Deng, 19, died in December 2013 from head injuries suffered during a hazing initiation for prospective members, or pledges, called "the glass ceiling" at a rented home in Pennsylvania's Pocono Mountains.

During the incident, Deng, a nationally competitive handball player, was blindfolded, wore a 30-pound backpack and ran a gauntlet of fraternity members who tackled and knocked him unconscious on snow-covered ground, police said. REUTERS

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Horses released from shoddy Spring Garden stables reach sanctuary

Just months ago, their very survival was in question. Against the advice of veterinarians and animal welfare workers, the horses of Philadelphia Carriage Company were trotting around Independence Mall carrying loads of tourists to see historic Old City.

But now, those horses have gone on to a much better place: a 250-acre horse sanctuary.

On Monday, Animal Care & Control Team Philly and the city confirmed that the horses formerly stabled in Spring Garden in a decaying factory have been transferred to a special horse sanctuary.

The horses are headed to Gentle Giants Draft Horse Rescue in Mount Airy, Maryland, for evaluation, rehabilitation and possible adoption.

"We are grateful that Gentle Giants has agreed to accept these horses into their esteemed program and know that they will receive the high-quality care they deserve," Vincent Medley, ACCT Philly executive director, said in a statement.

The horses were surrendered to the sanctuary's care as part of a consent decree the horses' former owner, Han Yee Hoo, reached with city officials after her stables were hit in July with multiple citations for animal welfare violations, such as some of the eight horses being kept in stables too small to turn around, and some being found covered in their own urine and excrement. Under the agreement, Hoo has shuttered her business and is expected to sell the 100-year-old former factory at Spring Garden and 13th street she used for stables. (There are still carriage tours offered at Old City by 76 Carriage Tours, which passed its stable inspections with flying colors).

"These horses will all end up in absolutely wonderful places for the rest of their lives," Christine Hajek, founder and president of Gentle Giants, previously told Metro after the agreement was reached just before the holidays. "First we get them healthy, then we evaluate them physically. Then we look at their training, determine what we think their next suitable job would be, and then we look for their next home. If that home never comes, they stay with us for the rest of their life." SAM NEWHOUSE

The former horses of Philadelphia Carriage Compa down as of the beginning of this year, are packed u Giants Draft Horse Rescue in Mt. Airy, Maryland. AL

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Immigrants and supporters rallied in New York City on Nov. 6, 2017, for temporary protected status (TPS) extensions. GETTY IMAGES

United States moves toward expelling 200K Salvadorans

The decision is part of the Trump administration's push to deport those living in the country illegally.

Some 200,000 Salvadoran immigrants allowed to live and work in the United States since 2001 will lose their right to remain in the country in 2019, officials said Monday, marking the Trump administration's latest move to tighten immigration enforcement.

The United States will end the Salvadorans' temporary protected status Sept. 9, 2019, giving them 18 months to leave or seek lawful residency, and for El Salvador to prepare for their return, officials said. The status was granted in the wake of two devastating 2001 earthquakes in El Salvador that left hundreds of thousands in the country homeless.

The move was heavily criticized by immigrant advocates who said it ignored violence in El Salvador and gave the Salvadorans few options but to leave the United States or remain illegally.

The Trump administration has faced a series of deadlines over the past year to decide whether to end the protected status of immigrants in the United States whose home countries have been affected by disasters.

Salvadorans are by far the largest group under TPS, a program administration officials said is supposed to provide a temporary haven for victims, not a permanent right to remain in the United States.

Critics have complained TPS has allowed participants to repeatedly extend their stays in six-month to 18-month increments.

Trump administration changes to the TPS program mean that during the next two years about 250,000 people who previously had permission to live and work in the United States will be subject to deportation if they remain.

Haitians and Nicaraguans will lose their protected status in 2019, and Hondurans, the second-largest group in the program, could lose their rights later this year.

"The past practice of allowing foreign nationals to remain in the United States long after an initial emergency in their home countries has ended has undermined the integrity of the program and essentially made the 'temporary' protected status a front operation for backdoor permanent immigration," said Roy Beck, president of NumbersUSA, which favors less immigration overall.

Advocates of the program say long-term resident Salvadorans and their children should not be sent back to El Salvador, a country struggling with a weak economy and gang violence that has given it one of the world's highest murder rates.

"Our [U.S] government is complicit in breaking up families — nearly 275,000 U.S.-born children have a parent who is a TPS holder — and further destabilizing our neighboring countries," said Oscar Chacon, executive director of Alianza Americas, an immigrant advocacy group.

A senior administration official briefing reporters on the decision said it was based on the status of El Salvador's recovery from the 2001 earthquakes. The country has received millions of dollars in aid for the recovery and rebuilt schools, homes and hospitals, the official said.

In the past two years, the United States has repatriated 39,000 Salvadorans back to the country, showing the ability of the country to absorb an influx of its citizens, the official said.

The government of El Salvador said Monday it was glad the administration decided to at least leave the program in place until September 2019.

"El Salvador's Foreign Ministry lobbied heavily for the interests of our fellow citizens," the government said in a statement, adding that it would continue to search for alternative solutions, seeking action by the U.S. Congress to protect the immigrants.

REUTERS

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Are coffee enemas dangerous? Yes, despite what Gwyneth Paltrow thinks

GOOP recommends a $135 coffee-enema kit in its "detox" guide.

MEAGAN MORRIS
@MetroPhilly
letters@metro.us

If you're like most people, you start the day with a cup — or seven — of coffee. The caffeine kicks your senses into gear so you can tackle the day. But can putting coffee up your rear end have the same effects?

Gwyneth Paltrow sure thinks so. The actress' lifestyle site, GOOP, just published its yearly Beauty & Wellness Detox Guide, and it recommends that "those who know what they're doing" invest in a $135 coffee enema for the new year.

What are coffee enemas?

A coffee enema is exactly what it sounds like: an enema that uses coffee instead of the traditional enema ingredients like water or sodium bicarbonate (baking soda). While traditional enemas are used to stimulate waste out of your body for severe constipation or surgery, coffee enemas are used to "open up blood vessels" and relax the muscles used for bowel movements, according to natural-health guru Dr. Josh Axe.

"Once it makes its way to the liver, coffee is also believed to help open up bile ducts and increase production of bile that's need for proper digestion and excretion," reads an article on his website. The article goes on to say that coffee enemas were used as a "natural cancer treatment" by Max Gerson, M.D., a doctor who published a book on cancer therapy in 1958.

"Many of his patients were able to stop their pain medications and help restore liver function and tissue repair by performing sometimes up to six coffee enemas per day," the article explained.

The problem is that a lot of the science used to back up the benefits of coffee enemas is flimsy at best — and dangerous at worst.

Are coffee enemas dangerous?

Our bodies are pretty good at detoxifying themselves, so coffee enemas — or any regular colon cleansing — just isn't necessary.

"Many patients are unaware of the potential side effects associated with colon cleansing, some of which can be quite severe," Ketan Kulkarni, M.D. wrote in a 2014 article for The Journal of Lancaster General Hospital.

Those side effects with coffee enemas include bacterial infections and even death: Three deaths have been attributed to coffee enemas, according to the National Cancer Institute. One Korean woman even reported experiencing inflammation in the colon and rectum because of a coffee enema, according to a letter published in the American Journal of Gastroenterology.

Colon cleansing in general carries with it some risks, including nausea, vomiting, cramping, bowel perforation and even rectal burns (ouch).

"While colon cleansing provides no proven benefit to patients, there are many ways individuals can improve colon health," Dr. Kulkarni wrote in his article.

"Lifestyle changes, such as following a well-balanced diet high in fiber, participating in regular physical activity, and undergoing appropriate colon-cancer screening will help reduce one's risk for the development of colon cancer."

The same advice applies when you're just trying to stay regular — and it doesn't even cost you $135 to do it. Save that money for the kind of coffee you drink, instead.

Coffee enemas are used to "open up blood vessels" and relax the muscles used for bowel movements, according to natural health guru Dr. Axe. GETTY IMAGES

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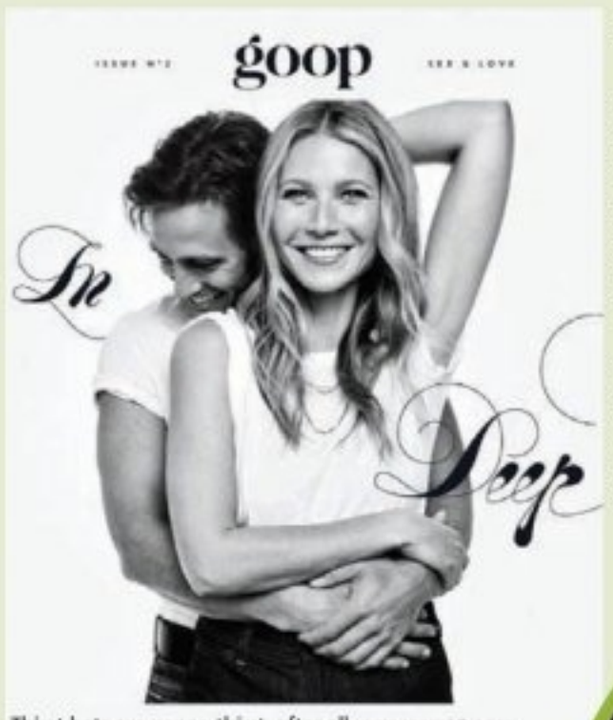
Gwyneth's GOOP love story

After a few months of speculation, Gwyneth Paltrow and Brad Falchuk have confirmed their engagement he only way these thirst bots know how: with a GOOP cover.

Though the news broke in November, Paltrow waited to make the official announcement in the cover story of the "Sex & Love" issue which, by the way, hits newsstands Jan. 9.



Thirst bots are gonna thirst, after all. INSTAGRAM/@GOOP

"[At] midlife, I have tried to accept how complex romantic love can be," Paltrow writes inside. "I have decided to give it a go again, not only because I believe I have found the man I was meant to be with, but because I have accepted the soul-stretching, pattern-breaking opportunities that (terrifyingly) are made possible by intimacy."

Sure!

Paltrow, 45, and Falchuk, 46, started dating about three years ago, having met on the set of "Glee," as you do.

I've said it once, and I'll say it again: Congratulations, you two rich people!

Kit Harington gets drunk and disorderly

Jon Snow knows nothing — except for how to get kicked out of a bar. Oh, that was terrible.

But it's true: Kit Harington, the pint-size hunk behind the most-loved "Game of Thrones" character was thrown out of a New York City bar Friday night for being drunk and disorderly.

TMZ says the 31-year-old prepped for a pool game, but then he started "banging on the table, grabbing at pool cues and getting in people's faces." Not cute!

An eyewitness tells the site that Harington was asked to leave the bar — and that he did! — but then he came back and had to be literally dragged out. We knew we had something more in common with Harington than just a petite stature!

To be fair, we've all been there. Sometimes, you gotta get blackout drunk and yell at some people you'll never see again.

So, we hereby grant Kit a pass. And Kit? We know our opinion matters to you a lot, and we know you're reading this so, you're welcome.

Ain't no party like a Jon Snow party.
ALL PHOTOS GETTY IMAGES UNLESS OTHERWISE STATED

Bella Thorne opens up

Bella Thorne is adding her voice to #MeToo.

The 19-year-old took to Instagram to detail her own experience with sexual abuse and it's pretty chilling, tbh.

"I was sexually abused and physically growing up from the day I can remember till I was 14," she wrote. "When I finally had the courage to lock my door at night and sit by it. All damn night. Waiting for someone to take advantage of my life again.

"Over and over I waited for it to stop and finally it did. But some of us aren't as lucky to get out alive."

#TIMESUP, y'all.

She added on Twitter, "I never knew what was right or wrong growing up. I didn't know the person sneaking into my bedroom at night was a bad person."

The actress got an outpouring of support on Twitter, where users commended her bravery for coming out with her own experience, and adding to the Time's Up movement, too.

Brava, Bella. Speaking up isn't easy.

Shiny!

'Outlander' star Caitriona Balfe is engaged

Caitriona Balfe — star of "Outlander," the sexiest time-travel show to ever exist — is engaged.

The Irish actress showed off her new bling at the Golden Globes Sunday night, and it's very sparkly! About the engagement, the 38-year-old really just poured her heart out nonstop, gushing to People, "It happened over the break. I'm very happy." OK!

Balfe's fiance is Tony McGill, whom she's been dating for about two years. Yep: Turns out her very sexy, very emotional — did I mention very, very sexy? — connection with co-star Sam Heughan is just really convincing acting. Brava, honestly.

Congratulations to these two. It's nice that love still exists for rich people with shiny hair and really nice skin.

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Melissa Mitchell on playing Fantine

"Les Miserables" returns to Philadelphia for its national tour.

JENNIFER LOGUE
@jenniferlogue
jennifer.logue@metro.us

Melissa Mitchell performs "I Dreamed a Dream." MATTHEW MURPHY

Beginning Jan. 9, the world's longest-running musical, "Les Miserables," comes to Philadelphia's Academy of Music for its national tour.

Set in 19th century France, at the beginnings of the June Rebellion (not the French Revolution), it tells the story of love, sacrifice and redemption. The songs have become some of Broadway's most timeless, like "Stars," "On My Own" and of course, the hauntingly beautiful, "I Dreamed a Dream," performed by the battered-but-never-broken Fantine.

Melissa Mitchell, who plays Fantine in the latest production, calls her a powerful and poignant character.

"She's a woman of great grace, dignity, and strength, and lives selflessly for the good of her daughter," she says. "Inhabiting Fantine's story has been thrilling, challenging, heartbreaking and thought-provoking."

When it comes to singing "I Dreamed a Dream," Mitchell admits the song has taken on more meaning the older she herself becomes.

"I love the solitary, intimate feeling of singing it," she says. "I think I understand the song more fully and deeply the older I get and the more life I experience. Fantine herself is young, in her mid-20s, yet an old soul. In the song she is grappling with the reality of her life not following the path she had dreamed of, and while this reality is heartbreaking, she admirably does not let despair overtake her. Instead she grows into a more mature and authentic sense of hope — one that motivates her to continue living for the pure and powerful love of her daughter above all else."

So what had made this musical stand the test of time with audiences? For Mitchell, it's all about human connection.

"The characters are faced with suffering and persevere in the face of difficulty, fighting for the good of humanity and exemplifying the beauty of the powerful fight of the human spirit. It is inspiring, poignant, uni-

If you go:

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fying and uplifting in a timeless way," she says.

When it comes to her own dreams for 2018, Mitchell is looking forward to spending time in Philadelphia as well as continuing to grow as a person.

"My constant dream and desire is to grow more fully into the person I was created to be — the circumstances of life may develop and change, but I dream of becoming a more selflessly loving person, and growing in my relationship with God, my family and friends," she reveals. "And Fantine is the perfect character to inspire me in this."

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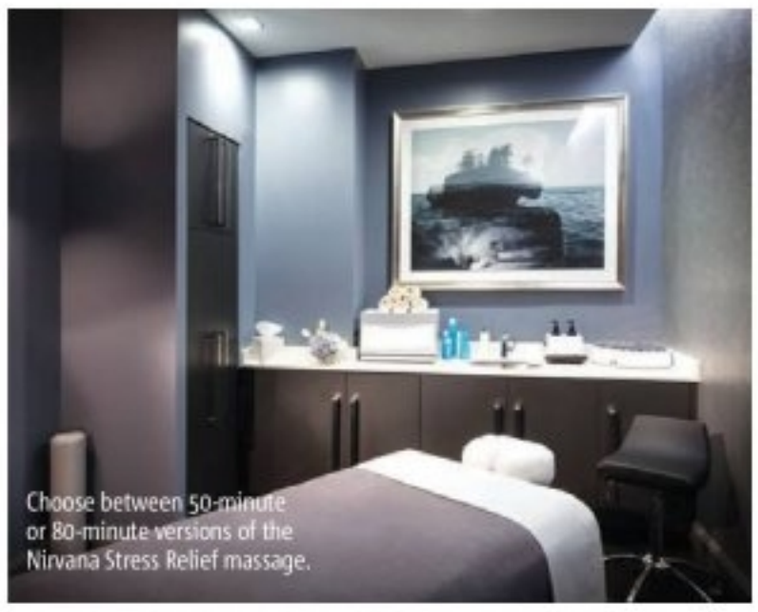

Choose between 50-minute or 80-minute versions of the Nirvana Stress Relief massage.

It has been a frigid winter so far, but don't let the drop in temperatures keep you from keeping up with your wellness routine. While cocooning on the couch and binge-watching Netflix until spring sounds like a good idea, scheduling yourself a day at the spa is a million times better.

If you're not sure where to go, The Logan has quite the spa experience smack dab in the middle of Center City. You can book massages, body treatments, facials, nail services and more at this chic oasis and what's more, you even get access to other amenities for the day, like the heated indoor pool, fitness center and relaxation room.

I recently got the Nirvana Stress Relief massage, and while I regularly get massages to keep my body in check, this particular one is definitely in my top three massages of all time. You can choose between 50-minute ($155) and 80-minute options ($195). (Given how hunched my shoulders and neck have gotten from working at a computer and walking around in the cold, I went for the longer one.)

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After your massage, the de-stressing continues in the Relaxation Room, complete with comfy lounge chairs, healthy snacks and the sound of cascading water. ALL PHOTOS PROVIDED

itself was perfect — the temperature not too cold, classical music playing softly in the background and the linens luxurious and plush — a real treat.

You get to choose your own aromatherapy blend and while my masseuse, Dylan, detailed a long list of options (arnica, balsam fir, lavender, peppermint — it was hard to choose!), I ended up going for ginger to warm up my body and eucalyptus for my head and neck to open the sinuses.

A big fan of firm pressure, my masseuse was firm yet incredibly precise, bringing artistry to the massage which isn't found too often. I practically fell asleep on the table and was relieved to find my stress headache was gone by the end of the treatment.

Once the massage was finished, the relaxation continued, as I could hang out in the sweet serenity of the meditation room for as long as I wanted — complete with near total darkness, a cascading waterfall, comfy lounge chairs and even healthy snacks. I decided to really unwind and enjoyed an afternoon glass of champagne as well.

Some may view spa days as frivolous, but sometimes you need to treat yourself. Wellness is an investment of both time and money, and a little self-care can go a long way.

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These diets are best for overall health

The Mediterranean and Dash diets, which tied for Best Diet Overall in U.S. News & Word Report's annual ranking, are both well-balanced, nonrestrictive eating plans that emphasize veggies, whole grains and lean protein over saturated fats. ISTOCK

In U.S. News & World Report's annual ranking of the best diets for 2018, two well-balanced and moderate eating plans, the Mediterranean and Dash diets, tied for best overall.

KATE MOONEY
@yatinbrooklyn
kate.mooney@metro.us

In the new year, many of us resolve to lose weight or at least develop healthier eating habits. When there are so many different kinds of diets out there, it can challenging to figure out which one is the best bet for your overall health.

Last week, when U.S. News and World Report released its annual ranking of diets for 2018, the top pick wasn't any diet you've seen hashtagged on Instagram or espoused by a wellness-crazed celeb. Out of the 40 diets ranked across nine categories by a panel of top physicians and nutritionists, the Dash diet and the Mediterranean diet tied for best diet overall, while Whole 30 and the newly-buzzy Keto diet came in dead last.

What to know about the Dash and Mediterranean diets

Both the Dash and Mediterranean diets are alike in that they tout well-balanced, nonrestrictive eating plans. They each emphasize consumption of vegetables, fruit, whole grains, nuts and legumes, low-fat dairy and lean protein, while keeping saturated fats, sweets and red meat to a minimum. Research on both diets attests to their effectiveness at keeping weight off in the long-term and preventing illnesses like diabetes, cancer and cardiovascular disease.

Following either will do more to help you develop lifelong healthy eating habits than lose weight quickly. Neither diet gives a set limit for calories, so if you want to keep track of your daily intake, you'll need to count on your own or with the help of a doctor or nutritionist. Weight Watchers, which has adherents count a food's nutrition points instead of calories, came in first for best weight-loss diets and best commercial diets.

Which one is better?

The Dash diet, which stands for Dietary Approaches to Stop Hypertension, came in first for the eighth year in a row. It was specifically developed by the National Institutes of Health to lower blood pressure. The Mediterranean diet is based on research by a physician named Ancel Keys, who determined back in the 1950s that following a diet popular among the Greek people lowers cholesterol and reduces incidence of cardiovascular disease.

A comparison of the Dash and Mediterranean diets by Harvard Medical School found that they're equally good for you and mostly differ when it comes to taste preferences. For example, if a plate of hummus, salad, grilled fish and red wine sounds delicious to you, the Mediterranean diet might be more your speed. If you prefer a meal of chicken, brown rice and roasted veggies, Dash it is.

Trendy and extreme diets came in last

The most strict, restrictive and fad diets did not fare well in the report. The low-carb, high-fat Keto diet tied for last overall with the Whole 30 diet, which cuts out alcohol, grains, sugars, dairy and legumes for a 30- day period.

The take away seems to be that for your long-term well-being, it's more effective to develop a healthy eating plan that you can stick to over the course of a lifetime. *See the complete list at health.usnews.com.*

The top ranked diets in U.S. News and World Report's "Best Diets 2018"

Best Diets Overall
1. DASH Diet (tie)
1. Mediterranean Diet (tie)
3. Flexitarian Diet

Best Commercial Diets
1. Weight Watchers
2. Jenny Craig
3. Flat Belly Diet (tie)
3. Nutritarian Diet (tie)

Best Weight-Loss Diets
1. Weight Watchers
2. Volumetrics
3. Jenny Craig (tie)
3. Vegan Diet (tie)

Best Fast Weight-Loss Diets
1. HMR Diet (tie)
1. Weight Watchers (tie)
3. Biggest Loser Diet (tie)
3. Medifast (tie)
3. SlimFast (tie)
3. Volumetrics (tie)

Best Diets For Healthy Eating
1. DASH Diet (tie)
1. Mediterranean diet (tie)
3. Flexitarian Diet (tie)
3. TLC Diet (tie)

Easiest Diets to Follow
1. Mediterranean Diet
2. Flexitarian Diet (tie)
2. Weight Watchers (tie)

Best Diets for Diabetes
1. Mediterranean
2. DASH Diet
3. Flexitarian Diet (tie)
3. Mayo Clinic Diet (tie)
3. Vegan Diet (tie)
3. Volumetrics (tie)
3. Weight Watchers (tie)

Best Heart-Healthy Diets
1. DASH diet
2. Mediterranean Diet (tie)
2. Ornish Diet (tie)

Best Plant-Based Diets
1. Mediterranean Diet
2. Flexitarian Diet
3. Ornish Diet

DISRESPECT FOR EAGLES? THEY SHOULD THRIVE ON IT

GLEN MACNOW

OPINION

Glen Macnow has been an outspoken voice in Philly sports for nearly three decades.
@realglenmacnow

Nick Foles will have two weeks of practice under his belt before the Eagles host the Falcons Saturday afternoon. GETTY IMAGES

There's nothing Philadelphians love more than convincing ourselves the rest of the world hates us. And there's nothing athletes thrive on like hearing the so-called experts count them out. "Nobody believed in us" has been a rallying cry since Walter Camp first pumped air into a pig's bladder.

Guess what, folks. We've got both dynamics this week. It's the perfect storm of us against the world.

When Vegas oddsmakers listed the Falcons as a three-point favorite over the Eagles for next Saturday's playoff game, it hoisted a 50-pound chip on our town's shoulder. Never before has an NFL one-seed been an underdog in its postseason opener.

I have no question this will serve as a rallying cry for Eagles players. While each will insist he pays no attention to point spreads, every player in that locker room has already read that the Vegas sharpies think 13-3 is for naught, or heard media prognosticators blather that, hey, without Carson Wentz this team is a pushover.

"We don't need this type of negative energy to start out 2018," RB LeGarrette Blount posted on Twitter last week. "Block these kinda people and comments out. … No confidence in us? We all we got! We all we need!"

To be honest, Blount was in part referring to the gloom-and-doomers among Eagles fans — you know, those who watched the last five quarters of Nick Foles and then crawled into bed, pulled the covers over their heads and lay there, quivering, in the fetal position.

"Sucks to have fans that don't believe in you," Blount posted.

I heard those fans as well, as they called my radio show from under their blankets. And while I understand your trepidation, I'd encourage you to climb from bed and find your way to Lincoln Financial Field on Saturday afternoon.

Because the Eagles are going to win.

This is the matchup you want. While the Falcons looked impressive beating the not-ready-for-primetime Rams on Saturday, they'll have a tougher time on a drizzling South Philly afternoon.

The Falcons rank 19th in the NFL defending the run. Assuming Doug Pederson doesn't revert to Andy Reid vs. the Titans, he'll make Foles' biggest task placing the ball on Jay Ajayi's belly. By the way, Ajayi faced the Falcons with Miami earlier this season and scampered for 126 yards in 25 carries.

The Falcons rank 23rd in the league in red-zone scoring. Their points-per-game tumbled from 34 in 2016 to 22 this season. I love the Eagle defense's opportunities this game. Do not forget that the Eagles ranked first against the run and fourth overall this season.

I'll concede that a lot of other things need to go right for the Birds to advance to the NFL championship game. They must avoid sloppy penalties. Special teams will need to be flawless.

And, yes, Nick Foles will have to get out of his funk and make a least a few plays downfield. He, too, has heard the critics call him an incompetent failure. With expectations this low, he's in the perfect spot to show that he isn't.

In the underdoggiest city in America, we wouldn't want it any other way. Us against the world.

Weather could work against Eagles on Saturday

On paper, the Eagles — hosting a playoff game in mid January, at home, outdoors at Lincoln Financial Field against a team with home games in a dome — is a big advantage.

The Falcons head to Philly Saturday sporting a 1-2 record in outdoor cold weather games during the Matt Ryan era.

But after weeks of record-setting cold weather, mother nature is actually looking like it may work against the Eagles when kickoff arrives at 4:35 Saturday. The forecast is for about 50 degrees with a chance of rain. According to weather.com, the temperature will only dip to around 46 degrees by 7 p.m.

Just our luck, the weather will be warmer Saturday, helping the dome-dwelling Falcons. GETTY IMAGES

In those games, the Falcons are a much better 8-7 over the last decade or so, and so it will be up to the fans to give the Eagles, a three-point underdog currently, a home field edge.

"Any time you can play teams at home, that's exactly what you want," Eagles defensive tackle Beau Allen.

Allen's teammate, Chris Long, mentioned that one of the keys to the Eagles potentially defensive-minded performance in the playoffs was "to keep the points down and play physical at home here in the cold."

With the weather mild, one of the defense's biggest allies will be irrelevant. They will be attacking Atlanta on a pretty even playing field.

Research of recent history shows bad news for the Birds, as home underdogs have gone just 1-7 since 2012. As is no doubt, quarterback play will be important despite how much the defense tries to take on itself. Nick Foles has played one playoff game, outdoors at the Linc, and had a passer rating of 105.0, two touchdowns and no interceptions while completing 69 percent of his passes. The defense was the problem in that game, a two-point loss to the Saints in 2013..

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Villanova recovers after loss, moves back to No. 1

The Wildcats have not dropped back-to-back games in five years.

JON MARKS
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sports@metro.us

As has become commonplace on the Main Line, Villanova is the best team in college basketball again. GETTY IMAGES

In 2013 Jay Wright's Villanova Wildcats closed out a 20-14 season by losing their final games to Louisville and North Carolina.

It hasn't happened since.

In the near five years that have passed during which Nova has gone 143-18, won a national championship while players have come and gone, one thing has remained consistent: The Wildcats have not dropped two in a-row,

Which made things kind of miserable on the Main Line from the time the Cats lost at Butler Dec. 30 to fall from the ranks of the unbeaten and No 1 in the rankings until they finally could take the court Saturday night against Marquette. All Villanova did then was lead wire-to-wire, as they have often this season, putting away the stubborn Warriors, 100-90, to run their record to 14-1 and move back to the top of the charts.

"We try to learn from winning," said Wright afterward, downplaying the fact he'd just recorded his 400th win at Nova. "We try to not judge ourselves on whether we won or lost the game but on how we're playing Villanova l basketball. Sometimes we win and know we're not doing a good job of it. When you lose it's obvious. Then they refocus and recommit. That's just a sign of their intelligence and character ."

Perhaps. But five years? Even Wright can't quite comprehend that.

"I never think about that," admitted Wright, who'll have his hands full going for No. 401 tomorrow when 10th-ranked Xavier comes to town. "Every time someone says it to me I think that it's really cool. I like it a lot.

"I'm proud of our guys but I never think about it. I'm proud of it, but I'll forget about it tomorrow."

While he downplays it, his peers are almost in awe.

"Jay's as good a coach as there is in the U.S." Marquette's Steve Wojciechowski said. "In my mind he's a future Naismith Basketball Hall of Famer. The league right now goes through Villanova. I think he handles the mantle of being marquee coach in our conference with as much class and dignity as you can handle it."

With All-America point guard Jalen Brunson (27 points, 8 assists) leading the way, Wojo says these Wildcats have everything it takes to be cutting down the nets again in April.

"We knew coming into the game that we were going to see the best Villanova basketball as they came off a loss and had a week to prepare," said Wojciechowski, "In my humble opinion the best Villanova has to offer is as good as there is in the country."

According to Brunson, there's another reason for the Cats' success: They're never satisfied, especially following those rare occasions they lose.

"I think the most important thing I've learned here is that win or lose a game we're coming back the next day to get better," Brunson said. "So if we lose a game obviously it's going refocus us. We're not perfect. We're just striving to be the best we can be."

Despite surrendering 276 points the last three games — well above their norm — Wright feels things are starting to come together.

"We have to keep improving defensively," Wright said. "We did take a little step tonight. We know we're going in a good direction, but we've got a lot of work to do."

As for No. 400 Wright will file that milestone away for another day.

" I don't want to sound like one of those old stodgy guys," he laughed. "I promise one day I'll look back on it with great pride. I've happy to have been here that long. It's really nice."

The feeling, the admiration is mutual with one exception: Having to play Villanova when they're coming off a loss.

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Across

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5 Orchard pest
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14 Ever's partner
15 Bete --
16 Swit co-star
17 Wall St. landmark
18 Philanthropist
19 Raid
20 Less trouble
22 They make it happen
24 Roman 602
26 Gael republic
27 Fairy tale abodes
30 Supply of food
34 Bravo, in Baja
35 Hairpin curves
38 Turkey neighbor
39 Kipling novel
40 Fall planting
42 Affix
43 Draw forth
46 Bovary and Peel
48 Business VIP
49 Refusal
51 Little -- (Custer's Last Stand)
53 Wheels for nanny
55 Whodunit terrier
56 Takeout dish (2 wds.)
60 Stage whispers
64 More than wish
65 Gather bit by bit
67 Artificial fly
68 Mideast title
69 Parrot's word
70 Best or Ferber
71 Legal costs
72 Runs a store
73 Bug repellent

Down

1 Welles' "Citizen --"
2 Writer -- Seton
3 Prepare the salad
4 New York lake
5 Huffiest
6 Luau fare
7 Queen's quarters
8 Castle or Dunne
9 Wreck, as a train
10 Spectators at a golf match
11 Shampoo additive
12 Nose stimulus
13 Back muscles
21 Livy's "Lo!"
23 Bikini tops
25 Gush forth
27 Jabbed playfully
28 Still in the game
29 Clinker
31 Dragon constellation
32 Comforter stuffing
33 Dangerous gas
36 Shade tree
37 Lion in Africa
41 Compatriots
44 Smoked herrings
45 Pitcher handles
47 Bane of pvts.
50 Chuckles
52 Grabbed a cab
54 Skirmish
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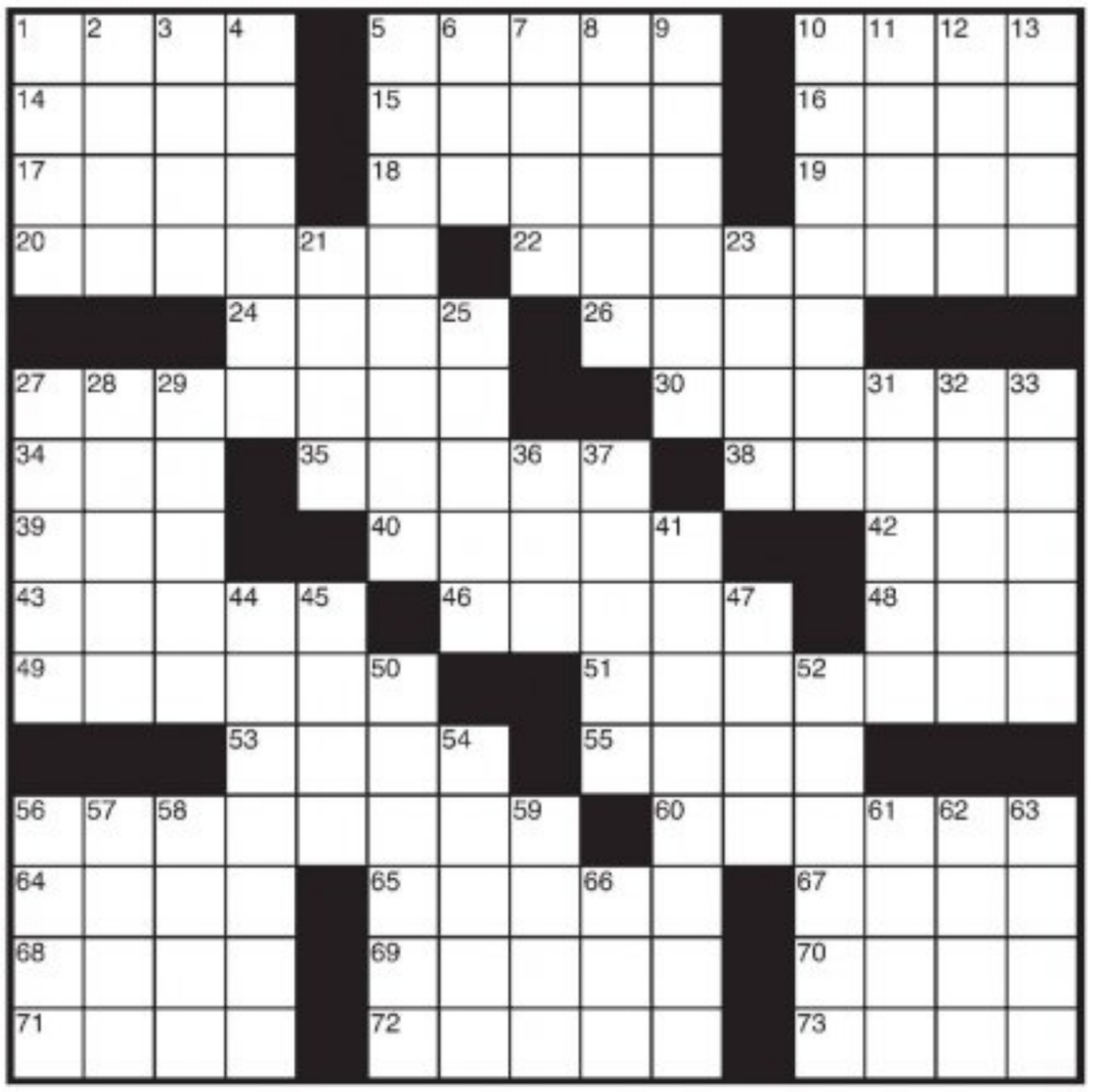
58 Mayberry moppet
59 Loud cry
61 Tenderfoot
62 Seacoast eagle
63 Usher's quest
66 The works



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metro.us/horoscopes

Aries Relationship problems will erupt if you get into a verbal battle. Choose a thoughtful way to deal with a situation that develops between you and a loved one.

Taurus An unusual offer will leave you questioning what to do next. Financial gain is apparent, and contractual negotiations are favored. A change of lifestyle is encouraged.

Gemini Look for any opportunity to advance at work, and do your best to take care of overdue responsibilities so that you can feel free to take advantage of what's being offered.

Cancer Make amends with someone you don't always get along with, but love regardless. A unique concept will encourage you to update your beliefs and opinions.

Leo Problems will escalate if you let your emotions lead the way. It's best to rely on your intelligence and bring about positive change based on facts, not on assumptions.

Virgo Taking business trips, dealing with friends or researching topics that will help you advance will make your day productive. You'll discover what really matters to you.

Libra Keep an open mind when dealing with loved ones. It's best to keep the peace instead of burning bridges. Consider that you may be just as much at fault as others.

Scorpio Don't flinch just because someone does something unexpected. Hold your ground and don't give in to peer pressure or outside influences.

Sagittarius Helping the underdog or standing up for rights being threatened by bureaucracy could lead to trouble. Protect against insult and injury.

Capricorn Avoid unpredictable situations or people who are trying to tempt you to change your mind or course of action. Stand behind your beliefs and do what's honorable.

Aquarius Check out all your options and call in favors if it will help you reach your target. Don't offer personal information to anyone using emotional tactics.

Pisces Care should be taken when dealing with people or an organization asking for something. Don't be too quick to take on added responsibilities. EUGENIA LAST

Yesterday's answers

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